



Copper River Regional Health Network

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June 30, 2011

Nancy Merriman
Health Facilities Program Manager
Denali Commission
510 L Street, Suite 410
Anchorage, AK 99501

Dear Ms. Merriman,

The Copper River Regional Health Network would like to thank the Denali Commission for providing gap funding for the network. Health care in our region has benefited immensely through the network and our endeavors to improve services for all area residents. The CRRHN has accomplished the following projects under the latest round of Denali Commission Funding.

CRRHN Health Needs Survey Project

Under the guidance of Dr. Garcia and Ms. Lacasse from the University of Alaska, the CRRHN Health Needs Survey results were presented to the CRRHN participants in February. The full results were published in the local paper and posted on the CRRHN Website in March.

The primary success of this project is the region now has patient based health care data specific to our service area. The data is being put to use by local health care agencies in providing better services, expanding needed services and improving the overall health care of the local residents. The information has already assisted local agencies in grant applications, finance endeavors and expansion efforts. As well, there were many lessons learned through this project and similar projects are already being discussed for the near future.

Copper River Community Disaster Preparedness Days and Health Fair

Local Disaster Days

The Copper River LEPC sponsored a local disaster day event at the Glennallen School on May 20th, 2011. Activities and information focused on safety and emergency preparedness were shared with students. Students were able to learn about earthquake preparation and the earthquake simulator was onsite. The Alaska State Troopers provided an informational booth and activities indoors during the afternoon. The Copper River LEPC and Copper River EMS also featured an indoor table filled with emergency preparedness information for students to take with them. Outdoors the students were able to explore and learn about a wide variety of emergency vehicles, responders and their roles in an emergency. Several Alaska State Troopers with their vehicles were onsite for students to explore and learn from. The Department of Natural Resources Division of Forestry had vehicles and crew onsite and Smokey the Bear even put in an appearance to promote fire prevention. Copper River EMS rolled out an ambulance for students to learn about and explore. Another highlight of every disaster day is the fire truck which was brought by the Glenn Rich Fire Department. Plans are already in the works for a bigger and better event in 2012~ Thank you to everyone who participated.

Copper River Community Health Fair

The Copper River Community Health Fair brought a record number of exhibitors to the valley on May 21st, 2011. This year's CRRHN sponsored event was modeled after a more traditional health fair. Different than in years past, this year's fair was held in one location at the Glennallen School. When the doors opened for blood draws at 9:00am there was a nice gathering of local residents ready to take advantage of the discounted screenings offered through Alaska Health Fair Inc. Along with a wide variety of blood screenings conducted by Alaska Health Fair Inc. and volunteers from Cross Road Medical Center, the Alaska Center for Children and Adults offered hearing screening, Glennallen Chiropractic staff provided biometric screening and allergy testing and the Copper Basin Lions Club debuted their mobile vision screening center. The Copper River Health Challenge, sponsored by Glennallen Chiropractic was kicked off during the event; please stop the clinic if you are interested in participating

or for more information. Alaska Native Tribal Health Consortium and Copper River Native Associations Diabetes programs kept participants busy learning about healthy lifestyles with diet and exercise information in front of the school. The Guardian Flight helicopter made a grand entrance and the pilots were a great source of information for many young aspiring pilots. The earthquake simulator gave residents a jarring ride and great ideas for preparing our homes in the event of an earthquake in our area. Emergency Vehicles were available for tour and Smokey the Bear and Safety Bear were hugged by many enthusiastic young people. The commons area of the high school featured a wide variety of exhibitors sharing information on health related topics. The exhibitor list included; Alaska Employee Benefit Specialist, Alaska Health Fair Inc., Alaska State Troopers, Alzheimer's Resource Agency, ANTHC Diabetes Program, Advocates for Victims of Violence, Connecting Ties, Copper Basin Lions Club, Copper Basin Multidisciplinary Team, Copper Valley Electric Association, Copper River Basin Child Advocacy Center, Copper River EMS, Copper River Native Association, Cross Road Medical Center, DNR Forestry and Smokey the Bear, Glenn Rich Fire Department, Glennallen Chiropractic Center, Guardian Flight, Kluti Kaah Head Start, ICWA – Native Village of Tazlina, Independent Living Center/ADRC, Infant Learning/Alaska Center for Children and Adults, Mt. Sanford Tribal Consortium, North Star Behavioral Health, Providence Valdez Medical Center, State of Alaska Public Health, State of Alaska Emergency Preparedness Earth Quake Simulator, South-central Foundation Health Education, and Upstream Learning. The PWSCC concessions fundraiser was also a huge success and provided much needed food and drink for the health fair participants. Thank you so much to everyone who helped make the 2011 Copper River Community Health Fair a huge success!! The CRRHN Health Fair Feedback supported another health fair like this year's unanimously at the Glennallen School.

CRRHN Letter of Support Guidelines

A set of guidelines was created to aid CRRHN Participants and other organizations in requesting direct support from the health network. Guidelines, a corresponding form and call list form were created, adjusted and approved in March 2011. The guidelines were successfully utilized in several instances in March, April and May.

CRRHN Elder Care Committee

The Elder Care Committee met this past quarter to discuss and learn more about extended living facilities. Amanda Lofgren with the State of Alaska was a guest speaker.

CRRHN Informational Website Project

The website www.crrhn.org has been updated regularly with meeting dates and times as well as the survey results. A new page was created specifically for the Elder Care Committee. An annual meeting schedule was created for the CRRHN and posted to the website as well. The website offers readers an update on network activities, links documents produced by the CRRHN in pdf format, as well as links to several other valuable studies, and a list of CRRHN participants along with their contact information. The CRRHN Coordinator also maintained a Facebook page for the network.

Coordination of the CRRHN and Administrative Services

The coordination and administrative portion of the grant project is on schedule and within budget. The CRRHN coordinator has been successful in coordinating several special and committee meetings and dictating meeting notes for the network from January - May, 2010. The coordinator drafted Letter of Support Guidelines for the CRRHN participants to use. A request form was created and the guidelines amended and approved by the group. A copy of the information is available upon request.

CRRHN Activity Summary

January 2011

- Bi Monthly CRRHN Meeting – Second Tuesday of the month from 11:00am – 2:00pm.
- Drafted Letter of Support Guidelines for CRRHN Participants Review and Comments.
- Complete and disperse minutes from the December 2010 CRRHN Meeting.
- Contact with UAA Graduate Students – Survey Project Progress.
- Complete narrative report for Denali Commission Project.
- Update CRRHN Website and CRRHN Facebook page.
- Maintain a communication flow for network participants through e-mail, telephone and personal contact.
- Monthly contact with MSTC staff.

February 2011

- CRRHN Elder Care Committee Meeting - Second Wednesday of the month from 11:00am - Noon.
- CRRHN Health Fair Planning Committee Meetings began alternate Thursdays, Fair set for May 21.
- Assisted two agencies with letters of support.

- Complete and disperse minutes from the January CRRHN Meeting.
- Final Survey Results Released and Published in Local Paper.
- Update CRRHN Website and CRRHN Facebook page.
- Maintain a communication flow for network participants through e-mail, telephone and personal contact.
- Monthly contact with MSTC staff.

March 2011

- Bi Monthly CRRHN Meeting – Second Tuesday of the month from 11:00am – 2:00pm.
- CRRHN Health Fair Planning Committee Meetings held alternate Thursdays.
- Posted Final Survey Results to the website.
- Created an Elders Committee page for the website.
- Update CRRHN Website and CRRHN Facebook page.
- Maintain a communication flow for network participants through e-mail, telephone and personal contact.
- Monthly contact with MSTC staff.

April 2011

- CRRHN Elder Care Committee Meeting – First Monday of the month from 11:00am - Noon.
- CRRHN Health Fair Planning Committee Meetings began alternate Thursdays, Fair set for May 21.
- Assisted one agency with letters of support.
- Complete and disperse minutes from the March CRRHN Meeting.
- Update CRRHN Website and CRRHN Facebook page.
- Maintain a communication flow for network participants through e-mail, telephone and personal contact.
- Monthly contact with MSTC staff.

May 2011

- Bi Monthly CRRHN Meeting – Second Tuesday of the month from 11:00am – 2:00pm.
- CRRHN Health Fair Planning Committee Meetings held alternate Thursdays.
- Held the Copper River Community Health Fair at the Glennallen School on May 21st.
- Update CRRHN Website and CRRHN Facebook page.
- Maintain a communication flow for network participants through e-mail, telephone and personal contact.
- Monthly contact with MSTC staff.

The CRRHN sincerely thanks the Denali Commission for your support of our network. The continued growth and expansion of participants in the CRRHN is a great indicator of how successful our region wide network has become. Please feel free to contact me with any comments, questions or for further information.

Sincerely,



Kris Winter, Coordinator
Copper River Regional Health Network